Module 3 Project - Final Submission

Section 1: Evaluation of Previous Physical Education Program **(25 points)**

Reflecting on my physical education experience at McNair Jr. High School with Coach Nicholas Wells, I would give the program an average rating.

The program employed a Games-Based Approach Model, an excellent curriculum model that emphasized life skills and strategic thinking through play. This is one of the things seen in the best physical education programs in Chapter 8, such as promoting teamwork, participation, and student involvement in decision-making. The program was limited and could not be labeled as "exemplary."

Strengths:

Engagement & Enjoyment: Coach Wells made physical education enjoyable by introducing creative and strategic games, which kept us active and engaged.

Social & Strategic Learning: The class structure encouraged problem-solving, leadership, and teamwork—attributes highlighted in Chapter 8 as essential for effective PE programs.

Skill Development: We learned useful basic movements and strategies that could be applied to other sports.

Limitations:

Lack of Individualization: Contrary to newer fitness-based models like the Healthy Lifestyles Curriculum (Chapter 8), our program did not allow much individual choice in the activities selected or tracking by self (e.g., wearable tech, exercise journal).

Limited Emphasis on Long-Term Fitness: While we did participate in a variety of sports, little emphasis was put on long-term fitness habits beyond the classroom.

Equipment & Resource Limitations: Compared to highly resourced programs with multiple areas of activity, fitness tracking, and interdisciplinary connections (e.g., Outdoor Academy), our school had limited facilities, which impacted the kinds of activities we could have.

Despite its active nature, these are limitations that suggest that the program was average rather than outstanding. Greater focus on individual fitness tracking, diversified activity choices, and staff training for teachers might have positioned it at a higher level.

Section 2: 5-Year Career Path to Becoming an Athlete Development Specialist (25 points)

Year 1 (Time Still at Erskine College)

Major: Stay on a path towards a degree in Sports Management, Exercise Science, or Kinesiology to build a foundation for athlete development knowledge.

Coursework Focus:

Sports Psychology

Strength & Conditioning Principles

Sports Nutrition

Injury Prevention & Rehabilitation

First Certifications to Pursue:

CPR & First Aid Certification (Required for most jobs)

Begin preparation for the Certified Strength and Conditioning Specialist (CSCS) exam

Year 2 (Final Year Undergraduate & Internship Experience)

Internship Placement:

Secure internship at a college sports program, pro sports team, or private training facility to observe how things really function.

Evaluating athlete capability, strength protocols, and psychology preparation.

Graduate School Research:

Research Master's degrees in Sports Psychology, Kinesiology, or Performance Coaching.

Take CSCS Exam:

Study & pass the Certified Strength and Conditioning Specialist (CSCS) exam, because it is very crucial for business reputation.

Year 3 (Graduate School & Coaching Experience)

Begin Graduate School (If Applicable):

Seek a Master's degree in Sport Performance, Exercise Science, or Human Performance.

Part-Time Employment as a Performance Coach:

Support high school or college athletes as a strength & conditioning or performance coach.

Further Certifications:

Certified Personal Trainer (CPT)

Mental Performance Consultant (CMPC)

Advanced Nutrition Certification (Optional, but helpful)

Year 4 (Industry Networking & Specialization)

Career as an Assistant Athlete Development Specialist:

Get hands-on experience with elite-level athletes, rehabilitation cases, and performance tracking.

Industry Conferences:

Network and remain up to date on the newest trends by going to NSCA, ACSM, or sports performance coaching conferences.

Become an Expert in Data Analysis for Athlete Performance:

Learn how to use wearable technology, motion capture analysis, and advanced biometrics.

Year 5 (Full-Time Athlete Development Specialist Position)

Find Employment with a Professional or Collegiate Team:

Work toward a lead role in an athlete development program at a university athletic department, private performance facility, or professional sports organization.

Ongoing Professional Development:

Obtain consistent education in biomechanics, sports rehabilitation, and leadership coaching.

Strong Athlete Roster:

Work with high-profile athletes to build credibility and advance career opportunities.